

CPSP bulletin

Comprehensive Perinatal Services Program
County of San Diego Health and Human Services Agency



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CPSP BULLETIN # 2012-01

TO: Comprehensive Perinatal Service Program Providers

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WELCOME to the inaugural **CPSP Bulletin**. Each **Bulletin** will feature relevant health topics, CPSP program updates, provider trainings, resources and more. This first bulletin features folic acid awareness, pertinent health laws, important dates you should be aware of and resources to help your clients.

National Folic Acid Awareness Month

According to the Centers for Disease Control (CDC), approximately 3,000 infants are born every year with neural tube defects (NTD's). These defects include spina bifida and anencephaly. NTDs are preventable if mothers-to-be take 400 mcg of folic acid daily and eat foods high in folate.

FACTS:

According to a 2007 CDC survey among all women of childbearing age:

- 40% reported taking folic acid daily.
- 81% reported awareness of folic acid.
- 12% reported knowing that folic acid should be taken before pregnancy.
- 17% of women aged 18-24 years were more likely to hear about folic acid from their health care provider.



The CDC survey reported among women who were not taking a vitamin or mineral supplement on a daily basis, the most common reasons were

- "Forgetting" (33%)
- "No reason" (14%)
- "No need" (18%)
- "Already get balanced nutrition" (12%)

Your medical advice is important! A March of Dimes Gallup survey showed that 86-89% of women who did not take a daily multivitamin stated that they would do so if advised by a health care provider.

Promote FOLIC ACID awareness by following these tips:

- Add a multivitamin checkbox to in-take forms to remind staff to ask about folic acid/multivitamin use.
- Create folic acid display in office; hang posters in exam rooms, hand out brochures.
- Include folic acid in preconception education (Folic acid taken before pregnancy can prevent up to 70% of NTD and may also reduce risk of cleft lip, cleft palate, congenital heart defects, preeclampsia and pediatric cancer).
- Encourage clients to take folic acid daily. (Placing vitamins near toothbrush, keys, refrigerator or computer to help taking vitamins to become part of daily routine). Suggest taking vitamins with food or before bedtime to help alleviate nausea.
- Discuss benefits of folic acid for long term health (it can reduce the risks of colon cancer, heart disease and stroke).
- Educate clients on ways to stay healthy by following the **EVERY DAY** rule:

Exercise - 30 minutes daily

Vitamin—400 micrograms of folic acid daily

Educate yourself about medicines and harmful substances that can cause birth defects

Reproductive life planning. Be prepared for pregnancy.

Yearly doctor visits to discuss medical, dental and mental wellness

Diet—vegetables, fruits and whole grains daily

Avoid tobacco, drugs, and alcohol

Your partner, friends and family should be sources of support

For more information and resources on folic acid go to:

Centers for Disease Control – www.cdc.gov

Every Woman California - www.everywomancalifornia.org

California Department of Public Health - www.cdph.ca.gov

March of Dimes - www.marchofdimes.com

American Journal of Obstetrics & Gynecology – www.ajog.org



New California Laws Affect Maternity Leave and Coverage

SB 299 (Evans) Maternity Leave: Require employers with at least five employees to maintain group health insurance coverage for women who take maternity leave for up to four months. Under the measure, businesses will have to provide benefits at the same level as if the employee were working during the leave. The new measure expands current law, which requires employers with at least 50 employees to provide benefits for women who take pregnancy leave for a maximum of 12 weeks.

AB 210 (Hernandez) Maternity: Existing law provides for the regulation of health insurers by the Department of Insurance. Under existing law, a health insurer that provides maternity coverage may not restrict inpatient hospital benefits, as specified, and is required to provide notice of the maternity services coverage. This bill, commencing July 1, 2012, would require every group health insurance policy to provide coverage for maternity services for all insureds covered under the policy.

SB 222 (Evans,Alquist) Maternity Services: Existing law provides for the regulation of health insurers by the Department of Insurance. Under existing law, a health insurer that provides maternity coverage may not restrict inpatient hospital benefits, as specified, and is required to provide notice of the maternity services coverage. This bill, commencing July 1, 2012, would require every individual health insurance policy to provide coverage for maternity services for all insureds covered under the policy.

Additional California Laws That Could Impact Your Clients

AB 499(Atkins) Health: Minors ages 12-17 can receive preventative treatment for sexually transmitted diseases without parental consent.

SB 161(Huff) Schools: Trained staff may administer anti-seizure medicine to students with epilepsy

SB 929(Evans) Motorists: Children who are younger than 8 or shorter than 4 feet 9 inches must be buckled into a back-seat booster seat.

For more information go to: <http://www.leginfo.ca.gov/bilinfo.html>.

Important Dates

San Diego

January 12, 2012

Becoming A Mom/Comenzando bien
March of Dimes Training

January 12, 2012

WIC Breastfeeding Peer Counseling Program
San Diego County Breastfeeding Coalition Community Meeting
www.breastfeeding.org for details of meeting

February 7, 2012

Environmental Toxins and Pregnancy
Perinatal Care Network (PCN) Quarterly Mtg

March 22, 2012

Promoting and Encouraging Exclusive Breastfeeding
WIC staff training
Contact Kim Elkins at: kim.elkins@SDARC.org for details

Other Counties

March 5 & 6, 2012 Irvine, CA

Trends and Tribulations: Implications for Perinatal Care
March of Dimes Conference

April 23-25, 2012, Riverside, CA

CPSP Provider/STT Training
Contact Whitney Pinto for more information.



Resources



Perinatal Care Network: Refer your pregnant women to the Perinatal Care Network (PCN) to make sure that they get the prenatal care and other services they need. Also call to schedule a PCN information presentation for your clinical staff. CALL: **1-800-675-2229** or email Cindy.Tso@sdcounty.ca.gov for more information.

If you are interested in sharing information with other providers or putting a story into the bulletin, please email Whitney Pinto at Whitney.Pinto@sdcounty.ca.gov.

Also, go to www.sdmcfhs.org for other programs within the County of San Diego
Maternal, Child and Family Health Services Branch.